Your Sexual Health

This briefing is courtesy of
Navy Environmental Health Center
Directorate Population Health
Sexual Health and Responsibility Program (SHARP)
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http://www-nehc.med.navy.mil/hp/sharp

(YSH2.ppt, September 2004)

Sexual Health

Intimate personal relationships free from coercion, violence, or risk of negative outcomes such as sexually transmitted disease or unplanned pregnancy.

Sexual Responsibility

- Consider outcomes
- Respect others
- Plan for safety
- Avoid STDs/HIV & unplanned pregnancy

Estimated Annual Cases Sexually Transmitted Diseases (STDs)

(World Health Organization, 1996; American Social Health Association, 1998)

333 million worldwide

15.3 million in the US

Estimated Annual Cases of STDs, U.S.

(***American Social Health Association, Dec 1998, "STD's: How many at at What Cost?")***

- Human Papilloma Virus 5,500,000
- Tichomoniasis 5,000,000
- Chlamydia 3,000,000
- Herpes 1,000,000
- Gonorrhea 650,000
- Hepatitis B 77,000
- Syphilis 70,000
- HIV 20,000
- *total 15,317,000*

STD Symptoms

- Drips/discharges
- Sores/ulcers
- Genital Warts
- Pain
- PID/sterility

STD Symptoms

- May never appear
- May take days, months or years to appear
- Requires testing

AIDS

- Life-threatening disease
- Caused by HIV
- Immune system is damaged, leaving the body open to serious “opportunistic” infections, cancers, severe weight loss and dementia.
- Still no cure and no vaccine

How is HIV Transmitted?

- Sexual contact
- Blood exchange
- Perinatally
  - During pregnancy
  - During birth
  - During breastfeeding

Those Seeking Sex Should:

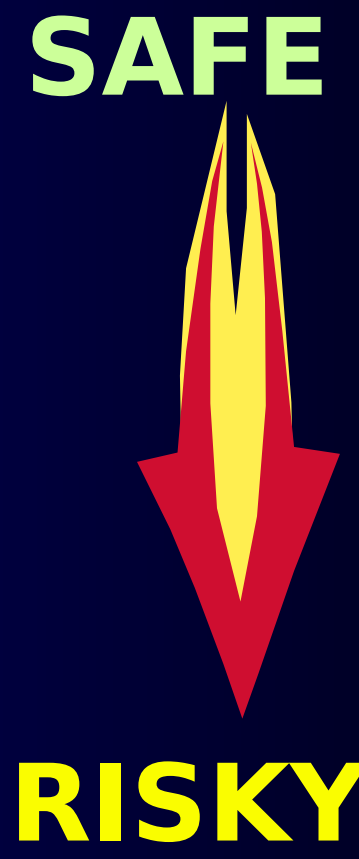
- Plan for safety
- Respect yourself/others
- Stay sober

Staying Sober

- Improves safety
- Allows clear choices
- Avoids abuse

Sexual Behavior Risks

- Abstain or Delay sex
- “Outercourse” rather than Intercourse
- Long-term, mutual monogamy
- Intercourse
  - oral-vaginal-anal (protected)
  - oral -vaginal-anal (unprotected)



Abstinence

- Delaying sexual activity
- 100% safe
- Allows for intimate relationships
- Avoids STDs and AIDS
- Prevents unplanned pregnancies

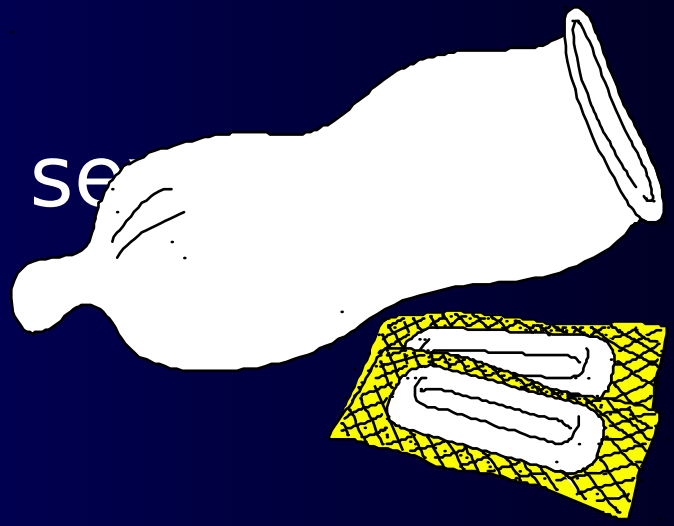
Safe Sex

A mutually monogamous relationship with an uninfected partner

Safe**r** Sex:
Use of Condoms

Correct and consistent use
of latex condoms significantly reduces
risk of HIV and some STDs.

Use for vaginal, anal and oral se



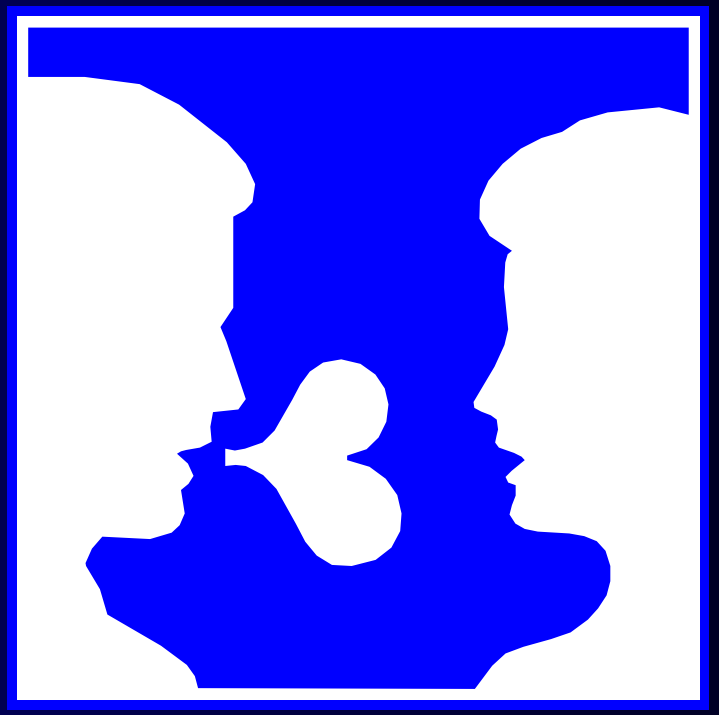
Correct Use

- New condom each and every time
- Put on as soon as erection occurs
- Hold tip and unroll onto penis
- Use water-based lubricants
- Withdrawal while erect

Are Condoms Effective?

Communicate

- What does sex mean to you?
- Set limits
- Choose safety
- Talk with your partner
- Rehearse



If your partner resists:

"What? A condom? Don't you trust me?
Do you think I have a disease?"

You could say……

"I do trust you--but how can I be sure
of your former partners--or mine?"

Contraceptive Choices

Unintended Pregnancy in the Navy

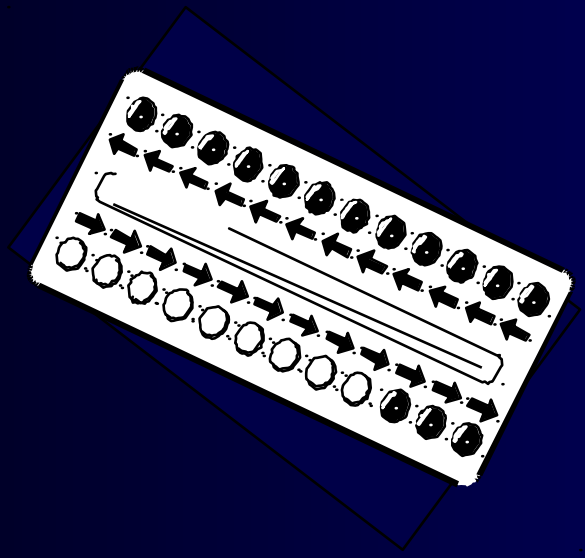
- In 2003, **50%** of Navy enlisted women who had an unintended pregnancy were **not** using birth control

Unintended Pregnancy in the Navy

(TR-98-6, Sep 98, Navy Personnel Research and Development Center, San Diego)

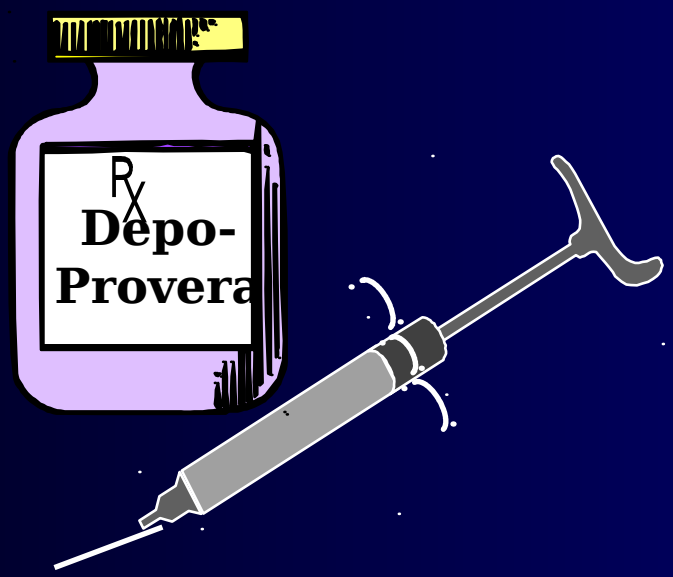
- Why Navy Enlisted Women Who Had Unplanned Pregnancies in 1997 Did Not Use Birth Control
- **"Rhythm method or withdrawal work well enough" 29%**
- **"I am not sexually active" 24%**
- **"I (or my partner) have been sterilized" 5%**
- **"I (or my partner) am not fertile" 2%**
- **Religious beliefs 2%**
- **Other reason 38%**

Oral Contraceptives



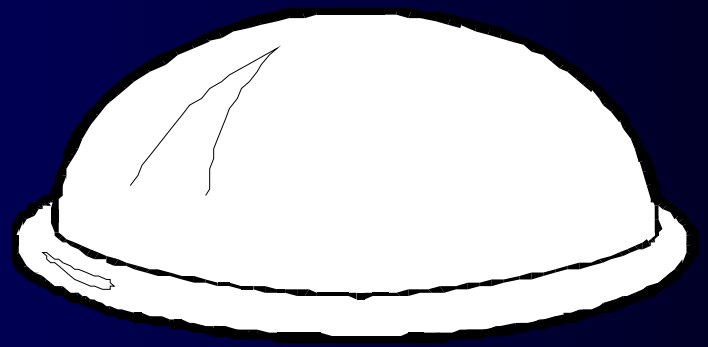
- 99.5% effective (perfect use)
- 95% effective (typical use)
- Taken daily
- Positive and negative health effects possible
- Does not protect against STDs

Contraceptive Injection



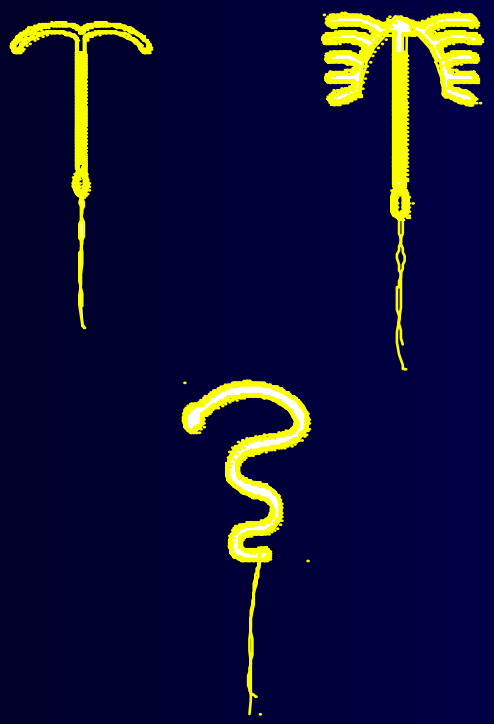
- 99.7% effective
- Once every 3 months
- Requires no other actions
- After stopping, may take 6 or more months to get pregnant
- Does not protect against STDs

Diaphragm



- 94% effective (perfect use)
- 80% effective (typical use)
- Can be inserted up to 6 hours before and must remain for 6 hours after intercourse
- Use spermicides for each intercourse
- Simple to use and non-invasive
- Does not protect vaginal wall or penis from STDs

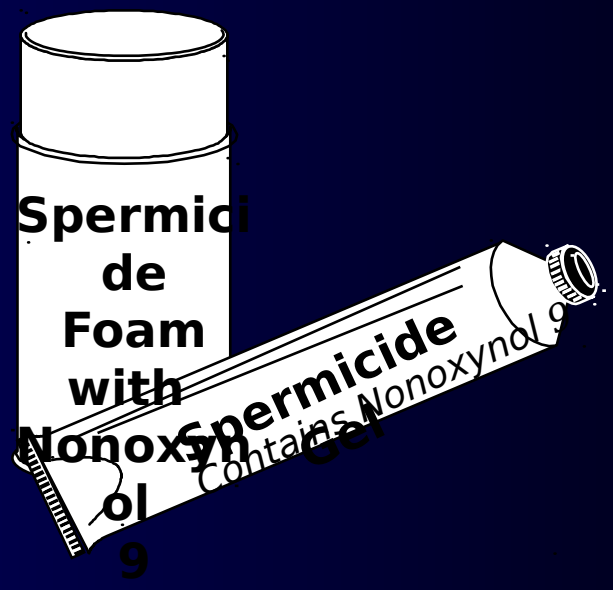
Intrauterine Device (IUD)



- 98-99% effective
- Placed in the uterus
- Can remain up to 10 years
- Check string monthly
- May fall out, cause infection, or puncture the uterus
- Does not protect against STDs

Spermicides

- 94% effective (perfect use)
- 74% effective (typical use)
- Use at least 30 minutes before
- Reapply each time
- Check for allergy
- Does not protect against STDs



Withdrawal Method

- 96% effective (perfect use)
- 81% effective (typical use)
- Requires trust and control
- Not a highly reliable “method”
- Does not protect against STDs

Fertility Awareness Methods
Rhythm Method

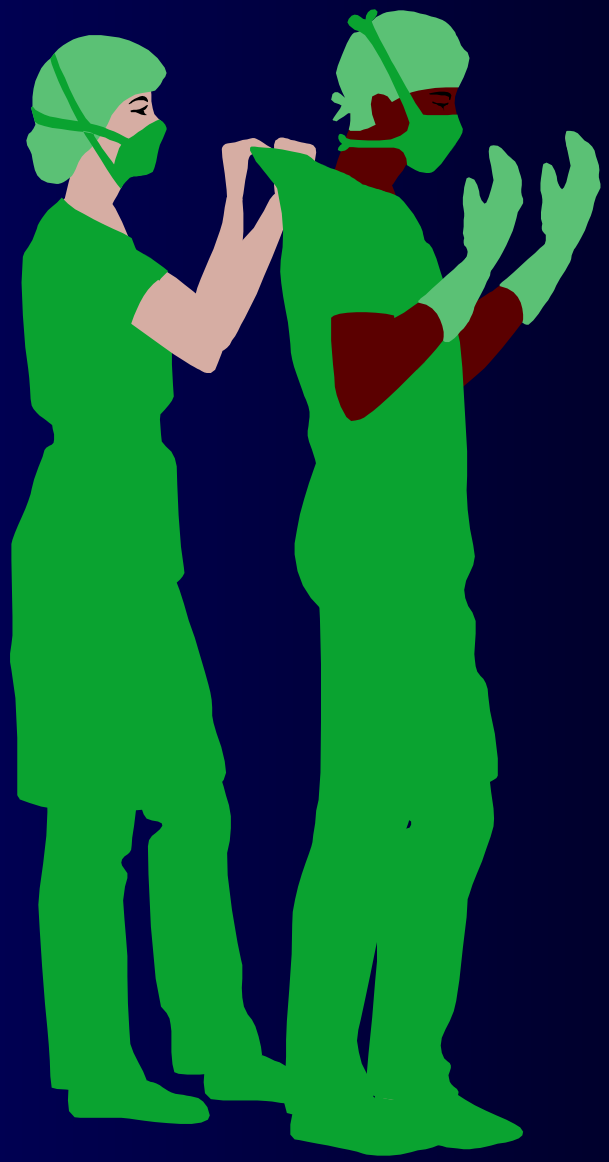
- 75-99% effective
- Avoid sex during fertile period
- Requires careful planning and motivation
- Does not protect against STDs

Emergency Contraception

- Morning after Pill
- Same hormones used in birth control pills
- Use for accidents
- Use up to 72 hours after intercourse
- Does not protect against STDs
- Available at every military medical clinic

Surgery

- Tubal Ligation/ Vasectomy
- Permanent
- Does not protect against STDs



Other Contraceptive Options

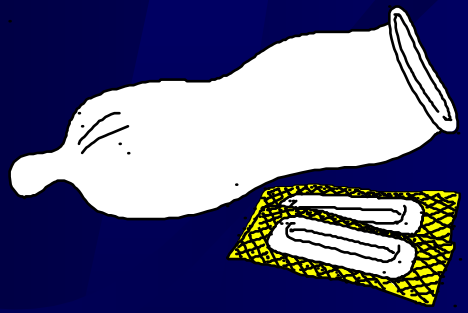
- Ask you health care provider about other options that may be available.

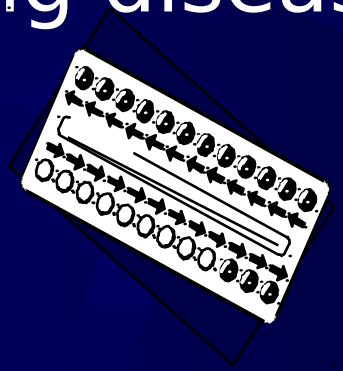
Family Planning Services

- BUMED Instruction 6300.9
- BUMED Manual for Medicine
- Obtaining counseling and contraceptive services locally...

Condoms + Other Contraceptives

- If you or your partner are using one of the many forms of birth control which do not protect against STDs, use condoms also to reduce the chance of acquiring or transmitting disease.





What is Important to You?

- Health
- Career
- Finances
- Relationships
- Personal Values
- Secure future

Summary

- Consider outcomes
  - Protect yourself & those you love
  - Achieve your life’s goals
- Respect your values and those of others
- Plan for safety
  - Negotiate for safety
  - Stay sober